Dataset Name:	**Established Populations for Epidemiologic Studies of the Elderly (EPESE)**
Sponsoring Organization:	**National Institute on Aging**
Principal Investigator:	**James O. Taylor, Robert B. Wallace, Lisa Berkman, and Dan G. Blazer**
Data Collection Organization:	**East Boston Neighborhood Health Center, University of Iowa Yale University Duke University.**

Purpose:

The objective of the EPESE data collection was to describe the prevalence and incidence of disability and other chronic conditions in addition to predictors of mortality, hospitalization, and placement in long-term care facilities.

Description:

The EPESE project consisted of baseline and annual follow-up surveys on approximately 14,000 persons conducted in four geographically-defined communities: East Boston, Massachusetts; Iowa and Washington counties, Iowa; New Haven, Connecticut (started in 198201983); and a five county-wide region in north-central North Carolina (started in 1986). Half of the participants in the North Carolina EPESE are African-American. The baseline data cover demographic characteristics (age, sex, race, height, weight, income, education, marital status, number of children, employment, and religion); social and physical functioning; chronic conditions; related health problems; health habits; self-reported use of dental, hospital, and nursing home services. More detailed descriptions of the Iowa and North Carolina surveys follow in this document ("Iowa 65+ Rural Health Study" and "PHSE Ten-Year Follow-up of North Carolina EPESE").

Data Availability:

Data from the baseline and the first 6 years of follow-up are available through the National Archive of Computerized Data on Aging, located within the Inter-university Consortium for Political and Social Research (ICPSR) at the University of Michigan. The information is identified as ICPSR #9915. Information from death certificates obtained for deaths occurring in the first 6 years of follow-up is also available.

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ESTABLISHED POPULATIONS FOR EPIDEMIOLOGIC STUDIES OF THE ELDERLY (EPESE)

The EPESE studies were developed to provide an epidemiologic resource for the conduct of a broad range of studies in representative samples of community-dwelling persons age 65 years and older. The goal of these studies has been to investigate the association of numerous factors (including medical conditions, demographic characteristics, social and psychological factors, medication use, and health behaviours) with important outcomes in aging populations, including death, disability, nursing home admission, and the onset of new chronic conditions.

Listing of study variables & measurement of variables

Sociodemographic:
- age
- sex
- ethnic origins
- occupational and work status
- marital status
- residential mobility
- four populations in four communities, urban and rural
- income
- education
- housing type- public or private
- recent death of close relative or friend
- changes in demographic information

Physical Functioning:
- functional disability measured by performance in:
  - timed walk
  - stand up from chair with arms around chest
  - stand up from chair 5 times
  - heel-to-toe standing for up to 10 seconds
- placement of palm of hands at back of head
- visual acuity
- East Boston- oral condition, independence in activities of daily living
- Iowa- body weight, height and skinfold measurements
- Iowa- additional hearing information, oral condition
- New Haven- assistance for daily tasks
- North Carolina- instrumental activities of daily living

Chronic Conditions:
- cardiac, external chest pain, intermittent claudication
- stroke
- cancer
- diabetes
- fractures
- chronic respiratory symptoms
- hypertension
- Iowa- female history, back pain and other pains and stiffness
- New Haven- special diet, weight control, insulin other medical advice, cirrhosis, arthritis Parkinson's disease, limb amputation

- North Carolina- special diet information

<u>Blood Analyses</u>:
- complete blood count
- measure of 24 biomedical determination, cholesterol and HDL cholesterol

<u>Related Health Problems</u>:
- cognitive function
- depression
- bowel habits
- weight and weight history
- sleep
- dermatological problems
- self-perceived health status
- East Boston- recent memory/delayed memory, headaches, joint pain and stiffness, supplemental neuropsychological items, personality type, handedness
- Iowa- life satisfaction, anxiety scale, worries, life events, attitudes toward retirement,
- free-recall memory test, loneliness scale
- New Haven- urinary incontinence, attitudes and beliefs about health, life events, free time activities, self-perception of memory, recent memory
- North Carolina- life satisfaction, urinary incontinence

<u>Social Functioning</u>:
- household composition
- group membership
- contacts with friends and relatives
- cognitive functioning
- East Boston- transportation needs, food preparation and housekeeping needs
- Iowa- additional social services and social support utilization
- New Haven- emotional support, financial support, additional social network and social support contacts with neighbours, additional religious information, sense of control
- North Carolina- additional social support items (including instrumental supports)

<u>Health-related Behaviour</u>:
- cigarette smoking
- alcohol use
- drug use- prescription and non-prescription in past 2 weeks
- digitalis
- East Boston & Iowa- physical activity

<u>Utilization of Services</u>:
- hospitalizations
- nursing home episodes
- dental visits
- East Boston- community services utilization
- Iowa- additional information on dental visits and oral condition
- New Haven- use of health care services, provider visits
- North Carolina- in/outpatient health insurance coverage